Take Action At the Office



Recycle glass, paper, aluminum and plastics.

Buy recycled paper products and supplies.



Work close to home or even telecommute when possible. Sitting in gridlock wastes your time and the planet's fuel.

Turn down the air conditioning.



Shutting off your computer at closing time will reduce its carbon dioxide emissions by 83%.

Install a programmable light timer that reduces light usage during off-peak hours.

Install a programmable thermostat and talk to your employer about other ways to save energy at work.

ources:

Tips on How to R

- An Inconvenient Truth www.climatecrisis.net/takeaction/whatyoucando/
- TIME Magazine, April 9, 2007 (pg. 70-100)

Take Action Inside the Home



os on How to

Get a home energy audit to learn if your home is poorly insulated or energy efficient. For information on how, go to www.energystar.gov.

Replace a regular incandescent light bulb with a compact fluorescent bulb (CFL) and bring your old bulbs to a recycling center. For a list of locations in your neighborhood to recycle and properly dispose CFL's please visit www.sfenvironment.org.

Move your thermostat down 2° in the winter and up 2° in the summer.

Clean or replace filters on your furnace and air conditioner.

Install window shading.

Install a programmable thermostat. You can save 3% of your monthly energy usage.

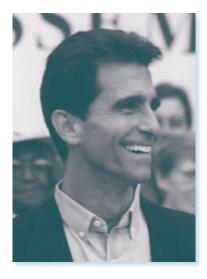
Look for the Energy Star® label when choosing appliances.

Use less hot water installing a low flow showerhead and faucet aerators in both the kitchen and bathroom. The SFPUC provides FREE aerators and efficient showerheads to all San Francisco residents. For more information, call 415-551-3000 or visit www.sfwater.org.

Turn off and unplug appliances not in use. Avoid using your appliances during peak hours, from 4pm to 6pm.

Turn down the thermostat on the water heater and wrap your older model with a water heater blanket.

Switch to Green Power. In many areas, you can purchase energy generated by clean, renewable sources such as wind and solar. To find out what is available in your neighborhood, contact the Green Power Network. www.eere.energy.gov/greenpower



Mark Leno

California State Assembly Assemblyman, 13th District

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Everyone is talking about

Global Warming

Take Action

Reduce your arbon Footprint





California State Assembly MARK LENO

ASSEMBLYMAN, 13TH DISTRICT

Dear Neighbor,

Reducing the effects of global warming and climate change may be the most important issue of our time. Last year, Assembly Bill 32 was signed into law to continue California's fight against climate change. Now, it is time to take action.

Whether you are at home, shopping, on the road, or at work, the energy you use in your daily life has an impact on climate change. This is also known as your carbon footprint. Our collective carbon footprints can be seen almost everywhere: glaciers are melting, warmer seasons are becoming longer and there are more severe storms and droughts.

Combating global warming may seem like an overwhelming task, but there are many simple ways you can reduce your carbon footprint and make a difference. For instance, a compact florescent light (CFL) bulb uses 60% less energy than a regular bulb and can save you money on your monthly energy bill. (However, it's important to remember to properly dispose of CFL bulbs at a waste handler's collection site in your neighborhood.) Also, consider buying recycled paper products. It takes 70-90% less energy to make recycled paper and it helps save resources.

This brochure provides a variety of tips on how to cut back on the energy you use in your daily life and includes many helpful resources.

For more information on how you can reduce your carbon footprint, please contact my office at (415) 557-3013.

Thank you, Mark Leno



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Resources for Action

San Francisco Agencies

San Francisco Public Utilities Commission www.sfwater.org

San Francisco Department of Environment www.sfenvironment.org

Bay Area Transit Information www.511.org

Bay Area Bicycling Resource Guide www.bicycling.511.org

California Agencies

California Climate Change Portal www.climatechange.ca.gov

California Climate Action Registry www.climateregistry.org

California Environmental Protection Agency www.calepa.ca.gov

California Energy Commission www.energy.ca.gov

Federal Agencies

Energy Star (U.S. Environmental Protection Agency & U.S. Dept of Energy) www.energystar.gov

U.S. Department of Energy: Green Power www.eere.energy.gov/greenpower

Organizations

California Federation of Certified Farmers' Markets www.cafarmersmarkets.com

International Council for Local Environmental Initiative www.iclei.org







Take Action In The Kitchen



Take advantage of San Francisco's Innovative Composting Program by putting your food and plant waste in your green cart. For more information, call (415) 330-1300.



Support your local farmer. Buying locally will save fuel and keep money in your community. To find a farmer's market in your area, visit www.cafarmersmarkets.com



os on How to

Buy fresh foods instead of frozen. Frozen food uses 10 times more energy to produce and deliver.

Avoid heavily packaged products and cut down on your garbage. Give back that extra napkin or sugar packet. Carry the gallon of milk by the handle instead of using a bag.

Buy organic foods. Organic soils capture and store carbon dioxide at much higher levels than soils from conventional farms.

BYOB, Bring Your Own Bag, when you visit the grocery store.

Clean your refrigerator's coils and give it some breathing room.

Take Action On the Road



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Your

Tips on How to Reduce

Cut back on driving by walking, biking or taking public transportation. To find Bay Area transit routes and transit agency and Amtrak bicycle policies, please visit *www.bicycling.511.org*.



Start a carpool with your coworkers or classmates, or sign up to carpool with people in your area for free at to *www.rideshare.511.org*.



Keep your car tuned up and your tires properly inflated. Giving your engine a tune-up can improve gas mileage by more than 4%. Replacing a clogged air filter can boost efficiency by 10%. And keeping your tires properly inflated can improve gas mileage by more than 3%.

When purchasing a car, choose a fuel efficient vehicle. To discover advantages clean vehicles offer, including price incentives, go to www.driveclean.ca.gov.

Fly less and purchase "Carbon Offsets" to balance out your travel.

Travel Green. When going on vacation or on a business trip, take your "green principles" with you.

Minimize the amount of time your vehicle idles by parking instead of using the "drive-up" lanes.